

ND Girls State Swimming & Diving 2023

Bismarck Aquatic Center

Results - Finals

Event 1 Girls 200 Yard Medley Relay

State: 1:44.81 * 2016

Bismarck Century

B Rittenbach, V Herrmann, C Palmer, L Duchsherer

US National: 1:43.16 ! 2004

Hartland Arrowhead, WI

Boritzke, Zblewski, Landisch, Fisher

US Pub HS NT: 1:38.13 # 2018

B Stewart, Z Bartel, C Gillian, K Alons

Team	Relay	Finals Time	
1 CHS		1:49.82	40
1) Kylie Duchsherer 11	2) Madyson Tivis 12		
3) Abigail Jablonsky 10	4) Aubrey Caster 9		
2 MIN		1:50.79	34
1) Ava Williamson 11	2) Bostyn Edwards 11		
3) Sam Vonbokern 10	4) Emily Dunstan 9		
3 WF		1:52.00	32
1) Hallie Schatzke 12	2) Ella Montplaisir 12		
3) Rachel Kunz 9	4) Linnea Bruns 7		
4 SHEY		1:52.42	30
1) Brooklyn Keney 12	2) Lauren McDonagh 11		
3) Evie Sevald 9	4) Myah Lund 12		
5 SHS		1:52.59	28
1) Nora Andrist 10	2) Alexa Heckaman 10		
3) Hadley Christianson 11	4) Brooklyn Hanson 11		
6 GFRR		1:53.02	26
1) Joely Anderson 11	2) Olivia Whitney 11		
3) Addison Olson 10	4) Olivia Tveter 10		
7 LHS		1:55.78	24
1) Tova Blikre 11	2) Katie Gruman 12		
3) Brinley Steele 8	4) Grace Upgren 8		
8 FN		1:56.78	22
1) Addison Cerney 11	2) Berit Hillmer 10		
3) Eleanor Iversen 10	4) Izzy Miller 12		
9 WHS		1:58.22	18
1) Jayden Woodward 10	2) Braelynn Tofte 10		
3) Kara Hansen 10	4) Kearyn Woodward 12		
10 FD		1:58.57	14
1) Ione Benedicto 9	2) Helen Wu 8		
3) Hanna Hoff 12	4) Carley Hoff 12		
11 JHS		1:58.62	12
1) Allysa Larson 12	2) Georgia Lettenmaier 11		
3) Clorissa Nelson 12	4) Jordyn Larson 11		
12 FS		1:59.67	10
1) Brooklyn Sauvageau 7	2) Bethany Mehl 9		
3) Hailey Schmitz 12	4) Ava Owens 12		
13 BHS		2:00.43	8
1) Addysen Geerdes 12	2) Madeline VerDouw 9		
3) Jocelyn Jahner 10	4) Keelin Traynor 12		
14 DHS		2:01.32	6
1) McKenna Mettler 11	2) Addison Wax 8		
3) Willow Vohs 8	4) Hannah Meschke 11		
15 WAH		2:04.04	4
1) Ellistin Hendrickson 10	2) Sydney Roberts 11		
3) Kenna Remily 12	4) Natalie Gramm 8		
16 HHS		2:04.68	2
1) Savannah Mauch 11	2) Maiah Fuchs 10		
3) Sophia Domitrovich 9	4) Sophie Hetland 10		

--- MHS

DQ

1) Lynnea Jackson 10

2) Emma Masseth 8

3) Morgan Walz 8

4) Grace Bugbee 9

Event 2 Girls 200 Yard Freestyle

State: 1:42.81 * 2008

Dagny Knutson

US National: 1:45.49 ! 11/24/2002

Rhiannon Jeffrey

US Pub HS NT: 1:42.81 # 2008

Dagny Knutson

1:55.39 1ST 1st Team All State

1:57.70 2ND 2nd Team All State

2:13.03 SQ State Qualifying

Name	YrSchool	Finals Time	
A - Final			
1 Brooklyn Hanson	11 SHS	1:53.41	1ST
2 Lauryn Caster	12 CHS	1:54.42	1ST
3 Sam Vonbokern	10 MIN	1:54.72	1ST
4 Tova Blikre	11 LHS	1:57.52	2ND
5 Sienna Mrachek	10 CHS	1:58.83	SQ
6 Lilyana Hochhalter	8 LHS	1:58.92	SQ
7 Rainy Bancroft	9 GFC	1:59.72	SQ
8 Brooklyn Keney	12 SHEY	1:59.73	SQ
B - Final			
9 Ava Erickson	10 CHS	1:59.68	SQ
10 Anika Grunenwald	11 WHS	2:02.44	SQ
11 Sady Nelson	12 CHS	2:03.54	SQ
12 Caelin Flaten	11 MIN	2:04.13	SQ
13 Isla Rogne	8 SHS	2:04.82	SQ
14 Kirby Quam	8 MIN	2:06.31	SQ
15 Georgia Lettenmaier	11 JHS	2:06.65	SQ
16 Emily Dunstan	9 MIN	2:07.79	SQ

Event 3 Girls 200 Yard IM

State: 1:53.82 * 2009

Dagny Knutson

US National: 1:57.41 ! 2007

Mary Beck

US Pub HS NT: 1:53.82 # 2009

Dagny Knutson

2:10.18 1ST 1st Team All State

2:12.78 2ND 2nd Team All State

2:30.94 SQ State Qualifying

Name	YrSchool	Finals Time	
A - Final			
1 Lauren McDonagh	11 SHEY	2:10.49	2ND
2 Ava Williamson	11 MIN	2:11.46	2ND
3 Alexa Heckaman	10 SHS	2:12.41	2ND
4 Madyson Tivis	12 CHS	2:13.35	SQ
5 Abigail Jablonsky	10 CHS	2:14.48	SQ
6 Bethany Mehl	9 FS	2:16.20	SQ
7 Taylor Miller	11 DHS	2:16.44	SQ
8 Jocelyn Wettlaufer	9 HHS	2:19.47	SQ
B - Final			
9 Mara Ellerkamp	12 DHS	2:16.57	SQ
10 Evie Sevald	9 SHEY	2:16.62	SQ
11 Linnea Bruns	7 WF	2:18.91	SQ
12 Addison Wax	8 DHS	2:19.81	SQ
13 Hannah McEvers	10 CHS	2:19.90	SQ
14 Ella Montplaisir	12 WF	2:20.44	SQ
15 Berit Hillmer	10 FN	2:21.06	SQ
16 Ellie Lacher	8 LHS	2:24.64	SQ

ND Girls State Swimming & Diving 2023

Bismarck Aquatic Center

Results - Finals

Event 4 Girls 50 Yard Freestyle

State: 22.54 * 2020 Lexi Duchsherer
 US National: 22.30 ! 2001 Christina Swindle
 US Pub HS NT: 21.59 # 2020 Gretchen Walsh
 24.20 1ST 1st Team All State
 24.68 2ND 2nd Team All State
 27.28 SQ State Qualifying

Name	YrSchool	Finals Time
A - Final		
*1 Helen Wu	8 FD	24.57 2ND
*1 Abby Erickson	11 LHS	24.57 2ND
3 Olivia Tveter	10 GFRR	24.89 SQ
4 Aryana Twist	12 DHS	24.94 SQ
5 Bostyn Edwards	11 MIN	25.02 SQ
6 Joely Anderson	11 GFRR	25.10 SQ
7 Aubrey Caster	9 CHS	25.27 SQ
8 Braelynn Tofte	10 WHS	25.46 SQ
B - Final		
9 Myah Lund	12 SHEY	25.50 SQ
10 Reese Goodman	12 MIN	25.61 SQ
11 Allysa Larson	12 JHS	25.68 SQ
12 Gabby Osborn	11 MIN	25.69 SQ
13 Nora Andrist	10 SHS	25.70 SQ
14 Molly Ellerkamp	9 DHS	25.71 SQ
15 Sydney Roberts	11 WAH	25.72 SQ
16 Maddie Novak	11 HHS	25.98 SQ

Event 5 Girls 1 mtr Diving

419.75 1ST 1st Team All State
 411.36 2ND 2nd Team All State
 285.00 SQ State Qualifying

Name	YrSchool	Finals Score
Finals		
1 Haley Conklin	11 MIN	482.35 1ST
2 Halle Braaflat	12 FD	463.60 1ST
3 Ella Kesler	12 MIN	435.15 1ST
4 Branwen Loeffler	10 GFRR	387.95 SQ
5 Gracyn Bergan	9 MIN	361.40 SQ
6 Sydnee Sandberg	10 GFC	355.45 SQ
7 Katelyn Kolness	11 WHS	354.55 SQ
8 Harper Meyer	11 FN	353.60 SQ
9 Julia Skari	11 JHS	349.85 SQ
10 Brenna Jo Wolbaum	11 DHS	331.50 SQ
11 Jozie Davis	9 JHS	330.60 SQ
12 Stella Brandt	9 BHS	328.90 SQ
13 Lauren Lopez	9 SHEY	327.85 SQ
14 Abi Ricketts	10 MHS	322.30 SQ
15 Lenora Arnold	8 WHS	320.35 SQ
16 Kylie Stahl	9 CHS	302.10 SQ

Event 6 Girls 100 Yard Butterfly

State: 55.44 * 2020 Tierney Howell
 US National: 52.41 ! 11/9/1996 Misty Hyman
 US Pub HS NT: 49.24 # 2022 Claire Curzan
 59.18 1ST 1st Team All State
 1:00.36 2ND 2nd Team All State
 1:08.94 SQ State Qualifying

Name	YrSchool	Finals Time
A - Final		
1 Addison Cerney	11 FN	57.78 1ST
2 Brinley Steele	8 LHS	59.71 2ND
3 Molly Osadchy	8 CHS	59.75 2ND
4 Dru Zander	10 WHS	1:00.55 SQ
5 Aryana Twist	12 DHS	1:00.67 SQ
6 Evie Sevald	9 SHEY	1:01.03 SQ
7 Kylie Duchsherer	11 CHS	1:01.33 SQ
8 Helen Wu	8 FD	1:01.86 SQ
B - Final		
9 Abigail Jablonsky	10 CHS	1:00.76 SQ
10 Gabrielle Tack	9 GFC	1:01.91 SQ
11 Rachel Kunz	9 WF	1:03.21 SQ
12 Norah Sears	7 LHS	1:03.51 SQ
13 Eleanor Iversen	10 FN	1:03.62 SQ
14 Nashatawn Tangpong	7 SHS	1:04.31 SQ
15 McKenna Mettler	11 DHS	1:04.78 SQ
16 Kara Hansen	10 WHS	1:05.14 SQ

Event 7 Girls 100 Yard Freestyle

State: 48.15 * 2009 Dagny Knutson
 US National: 48.59 ! 11/23/2002 Kara Lynn Joyce
 US Pub HS NT: 46.98 # 2020 Gretchen Walsh
 53.11 1ST 1st Team All State
 54.17 2ND 2nd Team All State
 1:00.54 SQ State Qualifying

Name	YrSchool	Finals Time
A - Final		
1 Lauryn Caster	12 CHS	52.74 1ST
2 Abby Erickson	11 LHS	53.67 2ND
3 Lilyana Hochhalter	8 LHS	53.98 2ND
4 Olivia Tveter	10 GFRR	54.46 SQ
5 Myah Lund	12 SHEY	54.59 SQ
6 Ava Erickson	10 CHS	54.63 SQ
7 Sady Nelson	12 CHS	55.38 SQ
8 Hannah McEvers	10 CHS	55.83 SQ
B - Final		
9 Reese Goodman	12 MIN	56.45 SQ
10 Gabby Osborn	11 MIN	56.49 SQ
11 Emily Dunstan	9 MIN	56.62 SQ
12 Ellie Nelson	10 WF	56.88 SQ
13 Maddie Novak	11 HHS	56.92 SQ
14 Addison Wax	8 DHS	56.94 SQ
15 Kearyn Woodward	12 WHS	57.12 SQ
16 Hallie Schatzke	12 WF	57.45 SQ

ND Girls State Swimming & Diving 2023

Bismarck Aquatic Center

Results - Finals

Event 8 Girls 500 Yard Freestyle

State: 4:34.78 * 2008 **Dagny Knutson**
US National: 4:37.30 ! 5/14/1988 **Janet Evans**
US Pub HS NT: 4:34.78 # 2008 **Dagny Knutson**
 5:16.98 1ST 1st Team All State
 5:23.32 2ND 2nd Team All State
 6:02.52 SQ State Qualifying

Name	YrSchool	Finals Time
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A - Final

1	Brooklyn Hanson	11 SHS	5:13.58	1ST
2	Sienna Mrachek	10 CHS	5:18.43	2ND
3	Madeline VerDouw	9 BHS	5:19.13	2ND
4	Sam Vonbokern	10 MIN	5:19.32	2ND
5	Brooklyn Keney	12 SHEY	5:24.05	SQ
6	Taylor Miller	11 DHS	5:25.00	SQ
7	Molly Osadchy	8 CHS	5:31.35	SQ
8	Anika Grunenwald	11 WHS	5:32.46	SQ

B - Final

9	Molly Ellerkamp	9 DHS	5:25.57	SQ
10	Rainy Bancroft	9 GFC	5:28.25	SQ
11	Mara Ellerkamp	12 DHS	5:30.43	SQ
*12	Gabrielle Evanson	12 GFC	5:31.49	SQ
*12	Joelle Knudson	8 CHS	5:31.49	SQ
14	Mollie Peterson	8 FN	5:33.57	SQ
15	Caelin Flaten	11 MIN	5:33.59	SQ
16	Morgan Uhler	12 GFC	5:35.59	SQ

Event 9 Girls 200 Yard Freestyle Relay

State: 1:37.38 * 2018 **Bismarck Century**
S Dorrheim, P Keller, C Palmer, L Duchsherer
US National: 1:33.71 ! 11/23/2002 **Pioneer H. S., MI**
Joyce, Cole, Merte, Kelly
US Pub HS NT: 1:30.72 # 2015
V Burchill, C Adams, K Smith, T Rothrock

Team	Relay	Finals Time
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1	CHS		1:38.91	40
	1) Lauryn Caster 12	2) Abigail Jablonsky 10		
	3) Ava Erickson 10	4) Madyson Tivis 12		
2	DHS		1:41.26	34
	1) Taylor Miller 11	2) Molly Ellerkamp 9		
	3) Mara Ellerkamp 12	4) Aryana Twist 12		
3	WF		1:41.87	32
	1) Ella Montplaisir 12	2) Ellie Nelson 10		
	3) Linnea Bruns 7	4) Sadie Wavrin 11		
4	LHS		1:41.93	30
	1) Abby Erickson 11	2) Lilyana Hochhalter 8		
	3) Katie Gruman 12	4) Grace Upgren 8		
5	MIN		1:42.15	28
	1) Gabby Osborn 11	2) Emily Dunstan 9		
	3) Sophia VonBokern 10	4) Reese Goodman 12		
6	HHS		1:43.73	26
	1) Jocelyn Wettlaufer 9	2) Maddie Novak 11		
	3) Savannah Mauch 11	4) Becca Smith 11		
7	WHS		1:44.59	24
	1) Kearyn Woodward 12	2) Anika Grunenwald 11		
	3) Myah Tofte 12	4) Braelynn Tofte 10		

8	SHS		1:44.84	22
	1) Payton Hanson 7	2) Nashatawn Tangpong 7		
	3) Isla Rogne 8	4) Nora Andrist 10		
9	FD		1:45.38	18
	1) Helen Wu 8	2) Carley Hoff 12		
	3) Hanna Hoff 12	4) Ione Benedicto 9		
10	SHEY		1:45.43	14
	1) Sophia Markell 12	2) Emma Kern 10		
	3) Tyndale Archer 12	4) Isabelle Markell 12		
11	BHS		1:47.51	12
	1) Kya Sease 12	2) Addysen Geerdes 12		
	3) Jocelyn Jahner 10	4) Anna Duckwitz 12		
12	GFC		1:47.71	10
	1) Rainy Bancroft 9	2) Gabrielle Evanson 12		
	3) Morgan Uhler 12	4) Gabrielle Tack 9		
13	MHS		1:47.93	8
	1) Peyton Kienzle 8	2) Kate Beckler 12		
	3) Corinne Lindsey 10	4) Grace Bugbee 9		
14	FN		1:48.19	6
	1) Eleanor Iversen 10	2) Ali Toay 11		
	3) Elena Terrell 12	4) Izzy Miller 12		
15	FS		1:49.13	4
	1) Hailey Schmitz 12	2) Abigail Sharbono 12		
	3) Nora Becker 12	4) Ava Owens 12		
16	JHS		1:50.00	2
	1) Marissa Moltzen 10	2) Clorissa Nelson 12		
	3) Jordyn Larson 11	4) Georgia Lettenmaier 11		
17	GFRR		1:51.19	
	1) Grace Fish 11	2) Abigail Behm 8		
	3) Rorie Anderson 9	4) Olivia Whitney 11		
18	WAH		1:51.67	
	1) Natalie Gramm 8	2) Madelyn Beyer 10		
	3) Ellistin Hendrickson 10	4) Sydni Roberts 11		

Event 10 Girls 100 Yard Backstroke

State: 55.67 * 2016 **Briana Rittenbach**
US National: 52.86 ! 1998 **Natalie Coughlin**
US Pub HS NT: 49.61 # 2022 **Claire Curzan**
 58.25 1ST 1st Team All State
 59.42 2ND 2nd Team All State
 1:09.01 SQ State Qualifying

Name	YrSchool	Finals Time
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A - Final

1	Addison Cerney	11 FN	57.59	1ST
2	Tova Blikre	11 LHS	59.61	SQ
3	Allysa Larson	12 JHS	1:00.67	SQ
4	Joely Anderson	11 GFRR	1:00.72	SQ
5	Jocelyn Wettlaufer	9 HHS	1:00.98	SQ
6	Nora Andrist	10 SHS	1:01.00	SQ
7	Brinley Steele	8 LHS	1:01.15	SQ
8	Ava Williamson	11 MIN	1:01.68	SQ

B - Final

9	Hallie Schatzke	12 WF	1:02.07	SQ
10	Kylie Duchsherer	11 CHS	1:02.73	SQ
11	Rachel Kunz	9 WF	1:03.27	SQ
12	McKenna Mettler	11 DHS	1:03.76	SQ
13	Kara Hansen	10 WHS	1:04.26	SQ
14	Isabelle Markell	12 SHEY	1:05.05	SQ

ND Girls State Swimming & Diving 2023

Bismarck Aquatic Center

Results - Finals

B - Final ... (Event 10 Girls 100 Yard Backstroke)

Name	YrSchool	Finals Time	
15 Sophia Markell	12 SHEY	1:05.09	SQ
16 Ellie Nelson	10 WF	1:05.15	SQ

Event 11 Girls 100 Yard Breaststroke

State: 1:02.70 * 11/12/2021 Erin Palmer

US National: 59.20 ! 2005 Jessica Hardy

US Pub HS NT: 58.35 # 2020 Kaitlyn Dobler

1:06.73 1ST 1st Team All State

1:08.06 2ND 2nd Team All State

1:18.60 SQ State Qualifying

Name	YrSchool	Finals Time	
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A - Final

1 Alexa Heckaman	10 SHS	1:04.80	1ST
2 Madeline VerDouw	9 BHS	1:05.56	1ST
3 Lauren McDonagh	11 SHEY	1:05.82	1ST
4 Madyson Tivis	12 CHS	1:06.57	1ST
5 Bethany Mehl	9 FS	1:07.36	2ND
6 Linnea Bruns	7 WF	1:08.73	SQ
7 Braelynn Tofte	10 WHS	1:09.58	SQ
8 Ella Montplaisir	12 WF	1:10.72	SQ

B - Final

9 Brooklyn Richards	9 CHS	1:09.25	SQ
10 Tyndale Archer	12 SHEY	1:09.58	SQ
11 Olivia Whitney	11 GFRR	1:10.25	SQ
12 Bostyn Edwards	11 MIN	1:10.63	SQ
13 Berit Hillmer	10 FN	1:12.30	SQ
14 Havanna Metzger	11 MIN	1:12.38	SQ
15 Madeline Bjerke	7 GFRR	1:12.76	SQ
16 Haili Metzger	11 MIN	1:14.20	SQ

Event 12 Girls 400 Yard Freestyle Relay

State: 3:29.58 * 2020 Bismarck Century

Duchscherer, Schuchard, Dorrheim, Palmer

US National: 3:24.08 ! 1996 Jacksonville Bolles

Ellis, Cail, Whitney, Berquist

US Pub HS NT: 3:15.38 # 2015

Team	Relay	Finals Time	
1 SHEY		3:37.17	40
1) Myah Lund 12	2) Brooklyn Keney 12		
3) Evie Sevald 9	4) Lauren McDonagh 11		
2 CHS		3:38.25	34
1) Ava Erickson 10	2) Sienna Mrachek 10		
3) Sady Nelson 12	4) Lauryn Caster 12		
3 MIN		3:38.63	32
1) Ava Williamson 11	2) Reese Goodman 12		
3) Bostyn Edwards 11	4) Sam Vonbokern 10		
4 LHS		3:39.56	30
1) Lilyana Hochhalter 8	2) Brinley Steele 8		
3) Tova Blikre 11	4) Abby Erickson 11		
5 SHS		3:45.31	28
1) Payton Hanson 7	2) Isla Rogne 8		
3) Alexa Heckaman 10	4) Brooklyn Hanson 11		
6 WF		3:48.34	26
1) Sadie Wavrin 11	2) Rachel Kunz 9		
3) Hallie Schatzke 12	4) Ellie Nelson 10		

7 GFRR		3:48.39	24
1) Olivia Tveter 10	2) Joely Anderson 11		
3) Grace Fish 11	4) Addison Olson 10		
8 HHS		3:48.49	22
1) Jocelyn Wettlaufer 9	2) Maiah Fuchs 10		
3) Maddie Novak 11	4) Becca Smith 11		
9 FN		3:49.78	18
1) Eleanor Iversen 10	2) Ali Toay 11		
3) Mollie Peterson 8	4) Addison Cerney 11		
10 BHS		3:51.09	14
1) Kya Sease 12	2) Anna Duckwitz 12		
3) Keelin Traynor 12	4) Madeline VerDouw 9		
11 GFC		3:54.83	12
1) Rainy Bancroft 9	2) Gabrielle Evanson 12		
3) Morgan Uhler 12	4) Gabrielle Tack 9		
12 WHS		3:58.50	10
1) Kara Hansen 10	2) Myah Tofte 12		
3) Emmy Sorensen 12	4) Anika Grunenwald 11		
13 MHS		3:59.06	8
1) Kate Beckler 12	2) Lynnea Jackson 10		
3) Emma Masseth 8	4) Morgan Walz 8		
14 FS		4:00.00	6
1) Abigail Sharbono 12	2) Hailey Schmitz 12		
3) Nora Becker 12	4) Bethany Mehl 9		
15 FD		4:00.55	4
1) Alyssa Anderson 9	2) Lydia Potter 10		
3) Kayley Bischoff 12	4) Lauren Schluchter 12		
16 JHS		4:13.30	2
1) Rebecca Lloyd 10	2) Allysah Larson 12		
3) Ella Brown 11	4) Marissa Moltzen 10		
17 WAH		4:35.14	
1) Madelyn Beyer 10	2) Peyton Bertleson 8		
3) Penelope Miranowski 12	4) Kenna Remily 12		
--- DHS			DQ
1) Taylor Miller 11	2) Molly Ellerkamp 9		
3) Mara Ellerkamp 12	4) Aryana Twist 12		

Combined Team Scores

Combined Team Scores - Through Event 12	
1. Bismarck Century High School	363.5
2. Minot High School	271
3. Legacy High School	215.5
4. West Fargo Sheyenne	204
5. Shanley High School	178
6. West Fargo High School	151
7. Dickinson High School	143
8. Grand Forks Red River	132
9. Williston High School	129
10. Fargo North High School	110
11. Fargo Davies High School	82.5
12. WF Horace High School	80
13. Bismarck High School	72
14. Grand Forks Central	66.5
15. Jamestown High School	55
16. Fargo South High School	47
17. Mandan High School	19
18. Breckenridge Wahpeton HS	6